



US SOCCER

SPORTS NUTRITION

FOUNDATIONS - TOP 3

Lindsay Langford, MS, RD, CSSD - Sports Dietitian



SCOPE OF WORK

Nutrient
Timing

Cooking
Skills

Macronutrient
Needs

Sleep

Budget

Hydration
Plans

Menstrual
Tracking

Menu Development

Travel

Gastrointestinal
Distress

Body
Composition

Game Day Meal Plan

Lab Values

Micronutrient
Needs

Recovery

Post Training
Cooling

Goalkeeper
Specifics

Immune
Support

RED-S
Screening



SCOPE OF WORK

Nutrient Timing

Cooking Skills

Macronutrient Needs

Performance Plates

Sleep

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Hydration Plans

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Game Day Meal Plan

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1. NUTRIENT TIMING IS KING



Snack



Pre Snack



Recovery Dinner



Breakfast



Lunch



Post Practice Recovery



"PROTECT THE BOOKENDS"



Pre Training/
Game



During Training/
Game



Post Training/
Game

2. PERFORMANCE PLATES



BUILDING YOUR PLATE

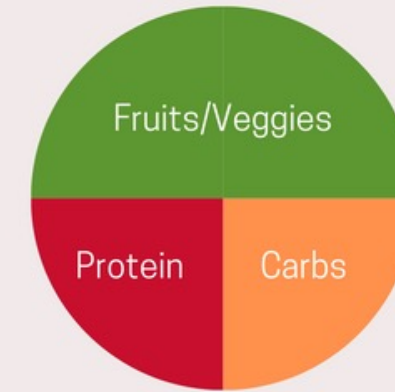
to match your training

LIGHT DAY

Less than 1 hour of training
(light activity, stretching, rehab, yoga)

When energy/glycogen needs are lower due to decreased activity, reduce carbohydrates and increase fruits & vegetable consumption.

2-3 Optimal Carb Servings
PER MEAL



CARB	PRO	COLOR
25%	25%	50%

CARB GUIDE 1 SERVING = ~15-20g CHO

GRAINS	LIQUIDS	BREADS	STAR
1/2 cup rice	8 oz 100% fruit juice	1/2 bagel	1/2 c
1/2 cup pasta	8 oz fruit smoothie	1 slice of bread	1/2 c
1/2 cup oats	8 oz sports drink	1 pancake	1 cup
1 cup cereal		1 tortilla (6-inch)	1/2 c
1/2 cup quinoa		1 English muffin	1/2 c



BUILDING YOUR PLATE

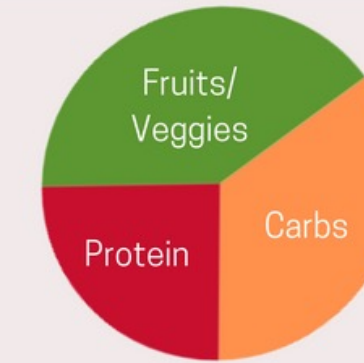
to match your training

MODERATE DAY

1-2 hours per day
(strength workout, practices, moderate training)

As training/games become more intense, increase your carbohydrate intake. Additionally, top off glycogen stores with a high carbohydrate snack before and after training.

3-4 Optimal Carb Servings
PER MEAL



CARB	PRO	COLOR
35%	25%	40%

CARB GUIDE

GRAINS	LIQUIDS	BREADS	STARCHY VEGGIES
1/2 cup rice	8 oz 100% fruit juice	1/2 bagel	1/2 cup potatoes
1/2 cup pasta	8 oz fruit smoothie	1 slice of bread	1/2 cup sweet potato
1/2 cup oats	8 oz sports drink	1 pancake	1 cup butternut squash
1 cup cereal		1 tortilla (6-inch)	1/2 cup corn
1/2 cup quinoa		1 English muffin	1/2 cup peas



BUILDING YOUR PLATE

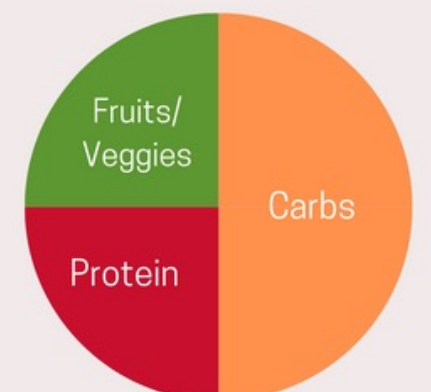
to match your training

HARD DAY

2-3+ hours per day
(2 practices/workouts a day, game day, high intensity workouts)

Fill half of your plate with carbs and include a moderate portion of protein, fruits and veggies. Be sure to have a carb-based snack before and during long training sessions.

4-6 Optimal Carb Servings
PER MEAL



CARB	PRO	COLOR
50%	25%	25%

CARB GUIDE

GRAINS	LIQUIDS	BREADS	STARCHY VEGGIES	SNACK FOODS	PERFORMANCE ITEMS
1/2 cup rice	8 oz 100% fruit juice	1/2 bagel	1/2 cup potatoes	1 cup pretzels	1/2 pack Skratch Chews
1/2 cup pasta	8 oz fruit smoothie	1 slice of bread	1/2 cup sweet potatoes	3 cups popcorn	1/2 pack Clif Shot Bloks
1/2 cup oats	8 oz sports drink	1 pancake	1 cup butternut squash	2 rice cakes	1 pack apple sauce
1 cup cereal		1 tortilla (6-inch)	1/2 cup corn	1 granola bar	1 gel pouch (any brand)
1/2 cup quinoa		1 English muffin	1/2 cup peas	1 cup crackers	

3. HYDRATION

REASONS TO HYDRATE

Performance

Muscles are made of 75% water



Injury Prevention

Muscles are made of 75% water



GI/Bowel

Prevent Constipation and improve vitamin break down



Hunger/Weight

Thirst and Hunger same pathway



Energy

Ability to use all nutrients in food



Recovery

Help muscles recover from training dehydration



3. HYDRATION

How much do you need?

Half your body weight in fluid
oz/day
Ie: 150lbs = 75oz - daily needs



Always carry bottle

Break your oz needed
into bottle numbers
Ie: 70oz = 3 x 24oz bottle



Set schedule

Half by lunch, half by
bed



Flavor if needed

Powders, drops,
selzers/ carbonation,
fruit

